**You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions**:

1. **Social distancing**

**What does it mean for correctional facilities?**

Social distancing is not the same as self-quarantine or isolation. The key difference is that a quarantine or isolation restricts the movement of people within a certain area or zone to limit transferring and spreading an infection. Social distancing places no such locational constraints; rather it is a behavioural practice to lower the risk in most circumstances.

Social distancing is the practice of increasing the space between individuals and decreasing the frequency of contact to reduce the risk of spreading a disease (ideally to maintain at least two (2) meters between all individuals, even those who are asymptomatic).

Social distancing strategies can be applied on the following instances:

* + at individual level (e.g. avoiding physical contact);
  + at group level (e.g., cancelling group activities where individuals will be in close contact, maintaining at least 2 meters between individuals), and
  + at an operational level (e.g., rearranging chairs in the dining halls to increase distance between them, reduce the number of inmates when moved for serving of meals, to congregate in smaller groups during recreational activities and maintain at least 2 meters between individuals).

Although social distancing is challenging to practice in correctional facilities, it is a cornerstone of reducing transmission of respiratory diseases such as COVID-19.

**Reason**: When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

1. Regularly and thoroughly washing your hands with liquid hand soap and water or sanitize with a 60% - 70% alcohol-based hand rub.

**Reason**: Washing your hands with soap and water or using alcohol-based hand rub wash away viruses that may be on your hands.

1. As far as possible, avoid touching eyes, nose and mouth with dirty hands.

**Reason**: Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick. No contact greeting.

1. Make sure you, and the people around you, follow good respiratory etiquette/hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then immediately dispose of the used tissue into an appropriate waste receptacle which has a lid.

**Reason:** The virus is spread by droplets. By following good respiratory etiquette/hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

1. Stay home if you feel unwell. If you have a fever, persistent cough and sneezing, difficulty in breathing, seek medical attention and call in advance. Severe symptoms may include muscle aches, general body malaise and diarrhoea. Follow the directions of your health care providers. In the case of inmates, they must immediately report to the health care professionals.

**Reason:** Health care providers will have the most up to date information on the situation in the Correctional Centres and in your area. This will also protect you and help prevent spread of viruses and other infections.

1. Hand washing

Please add a handwashing image

1. When to wear a mask





